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SERVING MANY

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LITTLE IMPROVEMENT EXPECTED IN CIVILIAN SUPPLIES OF MEAT, BUTTER, SUGAR

Although civilian supplies of food stuffs in 1945 are expected to be about the same as in 1944, the proportion of certain foods will increase or decrease.

Sugar consumption during the past year has been practically up to the hilt allowed by the rationing controls and civilians cannot expect more sugar early in 1945. However, as the canning of the large 1944 fruit crop together with the Christmas candy trade made sugar for ordinary purposes scarce in the fall of 1944, easing of this seasonal shortage is expected.

But sugar will not be plentiful. Our domestic production goals on both cane and beet sugar have been increased but labor shortage will prevent this supply from increasing much in 1945. Refiners are also short of labor.

Civilians will probably have no more butter in 1945 than the 12 pounds per capita of 1944, and possibly a little less if production continues to drop. Civilians are drinking more fluid milk, and wartime requirements take more milk than the relatively small increase in total production. Since butter is a less efficient use of milk than are fluid milk, cheese, canned milk, and other milk products, and since

PLENTIFUL FOODS

Fresh fruits and vegetables expected to be in plentiful supply in most markets in the Northeast Region during February are: oranges, apples (especially lower grades and smaller sizes), onions, spinach, beets, turnips and rutabagas.

Other foods which will be available in abundance include: eggs; dry mix soups; soya flour, grits and flakes; citrus marmalade, jams (except berry varieties), jellies, and apple butter; wheat flour and bread, macaroni, spaghetti, noodles; oatmeal.

the wartime needs of the armed services are for cheese, canned milk, and dried milk which can be more easily shipped butter supplies will continue small. Butter production is seasonally low now and will not increase until the spring months of 1945, so consumer supplies cannot be expected to improve before that time.

Total supplies of meat will be slightly down in 1945 due mainly to a considerable decrease in pork. The amount of beef should be equal or a little higher than the 1944 supply, and probably a little better in quality. Veal will not be any more plentiful than during 1944. There will be little change in lamb and mutton stocks Per capita supply of all meats will be 5 or 10 pounds below the 1944 figures of 135 to 145 pounds, but meat supplies will still be above the pre-war consumption of 126 pounds.

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FLAVOR, COLOR, TEXTURE
TO BE CONSIDERED
IN MEAT EXTENDER USE

Meat-extender dishes have come back into their own with the recent change in meat rationing. Macaroni, spaghetti, and noodles, all good meat extenders, are among this month's foods in abundant supply. There are, however, important factors to be considered when these foods are used as the main dish in the worker's meal.

What About Protein Content?

A serving of plain macaroni, spaghetti, or noodles contains a small amount of protein, but not nearly enough to contribute one third of the daily requirement. To furnish enough protein for an adequate meal they should be combined with meat, poultry, fish, eggs, or cheese. Portions should be not less than 6 ounces.

Macaroni, spaghetti, or noodle dishes that contain neither meat nor a meat alternate, such as spaghetti with tomato sauce or scalloped noodles with vegetables, may be served to accompany meat but should not be used as meat substitutes.

What About Flavor, Color, Texture?

The food manager who knows her public's taste will carefully combine a macaroni, spaghetti, or noodle meal with foods strong in flavor, vivid in color, and different in texture. Tomatoes, green peppers, pimentos, meats and cheese are flavorful additions. Crisp, green salads add an excellent contrast to the soft-textured paste products. Fruit salads, carrot sticks, and sliced tomatoes all add flavor, color, and texture.

Good and Bad Combinations

It is simple to plan an appetizing, nutritious menu, but too often an unappetizing combination appears on the menu board with a main dish

MEAT EXTENDERS

of macaroni, spaghetti, or noodles. Here's a typical example of a poor menu:

> Macaroni and cheese
> Mashed potatoes
> Creamed onions
> Whole-wheat bread and butter
>   or fortified margarine
> Coconut cream pudding
> Beverage

All these foods are soft in texture, bland in flavor, colorless. There is no "eye appeal" to attract the customer and make him think "that looks good." With a few changes, this meal can be transformed to a gourmet's delight:

> Macaroni and cheese
> Buttered carrot strips
> Tossed green salad
> Whole-wheat rolls and butter
>   or fortified margarine
> Peach cobbler
> Milk

This menu is colorful, it provides piquant flavor as well as crisp texture in the tossed green salad and the tart dessert. It is more nutritious than the first menu because the vegetables provide a more liberal allowance of vitamin A and vitamin C, and because the milk supplies calcium, high quality protein, and riboflavin.

Other Suggestions for Combinations

These suggestions for main-course combinations when macaroni, spaghetti, or noodle dishes are the main dish of the meal have been planned with an eye to texture, color and flavor.

Creole macaroni with meat, buttered green peas, fresh fruit salad
Macaroni with tomatoes and bacon, buttered broccoli, raw carrot strips
Spaghetti with cheese, baked Hubbard squash, cabbage slaw
Scalloped noodles with chicken, buttered green beans, cabbage and carrot salad.

Recipes which follow are given for two meat-extender dishes and one meat-alternate dish.

Creole Macaroni with Meat

Ingredients	Amount	
	100 Portions	500 Portions
Macaroni, cut	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Canned tomatoes	2 gallons	10 gallons
Onion, chopped	1 pound	5 pounds
Green peppers, chopped	12 ounces	3-1/2 pounds
Bacon fat	1 pound	5 pounds
Ground beef and pork	6 pounds	30 pounds
Chili powder	1/2 ounce	2-1/2 ounces

Size of portion - 6 ounces.

1. Cook the macaroni in boiling, salted water until tender. Drain.

2. Cook the onions and pepers in the bacon fat for 5 minutes. Add the meat and brown.

3. Combine the meat, tomatoes, and spaghetti.

4. Pour into greased baking pans and bake at a moderate heat (350°F.) for 45 minutes.

Baked Spaghetti with Pork

Ingredients	Amount	
	100 Portions	500 Portions
Spaghetti, broken	6 pounds	30 pounds
Boiling water	6 gallons	25 gallons
Salt	3 ounces	12 ounces
Onions, chopped	1 pound	5 pounds
Carrots, chopped	5 pounds	25 pounds
Celery stalks and leaves, diced	2 pounds	10 pounds
Green peppers, chopped	1 pound	5 pounds
Pork shoulder, cut in 1/2-inch cubes	10 pound	50 pounds
Bacon drippings	1 pound	5 pounds
Paprika	1/2 ounce	2-1/2 ounces

Size of portion - 6 ounces.

1. Cook the spaghetti in boiling, salted water until tender. Drain.

2. Steam the chopped carrots, celery, and peppers until just tender.

3. Cook the onion and pork in the fat until lightly browned.

4. Combine the vegetables, spaghetti, and meat. Season with paprika.

5. Put into greased baking pans and cook at a moderate temperature (325°F.) for about 1-1/2 hours or until the meat is tender.

Scalloped Noodles, Eggs, and Cheese

Ingredients	Amount	
	100 Portions	500 Portions
Noodles, dry	6 pounds	30 pounds
Boiling water	5 gallons	25 gallons
Salt	2 ounces	10 ounces
Cheese, Cheddar, ground	3 pounds	15 pounds
Paprika	1/2 ounce	2-1/2 ounces
Milk	2 gallons	10 gallons
Fat	1-1/2 pounds	7-1/2 pounds
Flour	1 pound	5 pounds
Salt	1/2 ounce	2-1/2 ounces
Hard cooked eggs	50	250

Size of portion - 6 ounces

1. Cook the noodles in boiling, salted water until tender. Drain.

2. Make a sauce of the fat, flour, salt, and milk.

3. Add the ground cheese and paprika to the hot sauce and stir until mixed.

4. Slice the eggs crosswise.

5. Put alternate layers of noodles, cheese, sauce, and eggs in greased
   baking pans. Top with cheese sauce.

6. Bake at a moderate temperature (350°F.) for 45 minutes or until well
   heated and lightly browned